

# get 10

## get ready for emergencies

Collect and store these 10 essential items to **GET READY** for an emergency.

- Place your emergency supply kit in waterproof bags.
- Store the bags in one or two emergency containers, such as plastic tubs, unused trash cans or duffel bags.
- Store your kit where family members can locate it.
- Try to have enough food, liquid, batteries, and other supplies to last one to four weeks depending on the emergency.

For more information about emergency preparedness, contact:  
ADPH Center for Emergency Preparedness  
[adph.org/cep](http://adph.org/cep)  
Centers for Disease Control and Prevention  
[cdc.gov](http://cdc.gov)  
Federal Emergency Management Agency  
[fema.gov](http://fema.gov)  
Homeland Security  
[ready.gov](http://ready.gov)  
U.S. Department of Health and Human Services  
[pandemicflu.gov](http://pandemicflu.gov)

# ADPH

## EMERGENCY PREPAREDNESS

Alabama Department of Public Health

No computer? Call the Alabama Department of Public Health.

Call Toll Free: 1-866-264-4073

For TTY call Alabama Department of Rehabilitation Services at 1-800-499-1816.

Adapted and reprinted with permission from Montgomery County, MD Advanced Practice Center.  
This material funded by the Centers for Disease Control and Prevention.

